



Monthly Newsletter

THE GROVE ZONE

June 3, 2024



Mental Health Awareness: Maintaining Soundness of Mind

Mental Health Awareness is one of the things we believe the church, and thus, the body of Christ need more of. We often tend to lean towards our belief system as the end to all things, and often find ourselves facing insurmountable obstacles that church attendance and a good sermon just cannot fix. This is not to belittle the institution of the much-needed gathering of the saints and foundation of our hope by which our faith rests upon. Instead, this is an invitation to be conscious that the state of our minds is important to God, and in this, we should learn more on how to maintain them so that they are healthy and well from both a spiritual and practical viewpoint.

The program held on May 4, 2024 did just that. Truly, if you were not at the Mental Health Awareness Program, you missed a treat as we learned that mental health awareness is just that—the wellness of

one's minds and how to maintain that soundness daily and in difficult situations and times. It is our desire that we are all enlightened on the topic, so this edition of The Grove Zone brings the program to you and highlights some of the most valuable pieces of knowledge shared and imparted to us through Dr. Kensa Gunter, the speaker of the hour.

Our hearts were blessed, and our souls were set afire again as we were reminded of the importance of seeing our mental state as prized possessions of power that we all have within us and should desire to maintain for the long haul. It is our hope that this newsletter provides you with wisdom that you may need or understanding you can share with others as we all endeavor to be lights in dark places and walk in the fulness of Christ's overcoming the world.

Pastor Stroud and Lady A

Inside This Issue:

Mental Health: A True Definition

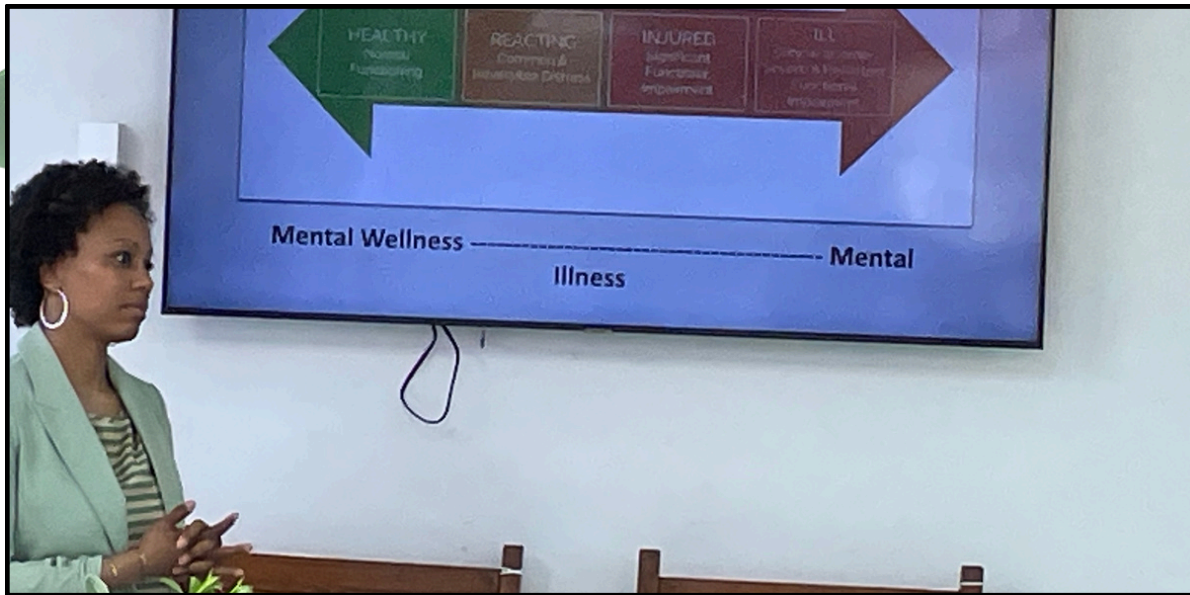
Mental Health Practicality

Did You Know?

Live Long, Have Fun

Mental Health Awareness Program Highlights and Photos

Church Calendar and Reminders



Mental Health: A True Definition

Clinical and sports psychologist, Dr. Kensa Gunter, provided us with a medically based and simple definition of the term mental health. Mental health, by definition, is a state of well-being that happens on a continuum, and it entails our thoughts, feelings, behaviors, and relationships. This continuum speaks to each of these categories and can range from being healthy (green) or needing medical attention due to a diagnosed medical condition (red).

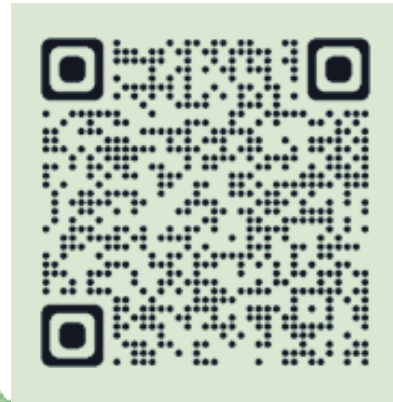
Furthermore, our mental health has numerous factors and includes what is in us, what happens to us and what is around us. When we talk about mental health from an “in us” perspective we are referring to our genetic and biological make-up. We are all predisposed to certain genetic inheritances from our parents, and this phenomenon includes our mental well-being. Our biological dispositions impact our mental health and can be the reason there are generational or familial occurrences of mental health and illness in certain families.

Social circumstances including, but not limited to racism, ageism, and geographical locations can also impact our mental state. These components are happening “to us” with or without our consent. How we are treated and what situational norms are presented to us within our homes and the communities we live in can greatly impact the wellness of our minds or the lack thereof.

Finally, the world around us can shift our mental states from those that are healthy to ones that are in dire need of medical assistance overnight. When you think of mental health and the “around us” element, you can think about COVID-19 and the impact it had on the entire world from a mental perspective. Whereas, “to us” elements can be somewhat controlled in certain instances (we can move if the option presents itself), “around us” delves into the larger, societal instances that are global in nature and truly beyond our control. We were all forced into a worldwide lockdown due to COVID-19, and thus, our mental states were greatly impacted by the ongoing states of isolation and updates on the disease as it ravished our communities, and in some instances, hit a little closer to home with the loss of loved ones.

Mental health is NOT just the concerns and issues that arise from being mentally unwell. The very opposite is true. Mental health is the state of your mental well-being period. It includes things that are within and beyond your control and lie within the context of one being able to take care of yourself from a mental perspective.





Mental Health Practicality

Because mental health is a medical condition, we should be reminded that our minds need to be taken care of in the same context as the other medical professionals we visit. We get our annual physical exams, a bi-annual dental exams and see about our eye health at least once a year. Why, then, are we not in the habit of tending to our minds and ensuring they are kept in perfect peace, in a state of soundness on a consistent basis?

Dr. Gunter, in partnership with the NBA, has established a Mind Health program that provides a means to measure and maintain how you monitor and manage your mental state best. Take the Mind Health Squad Quiz by scanning the provided QR Code or by visiting [Join the NBA Mind Health Squad!](#) to see how you typically handle the task of nurturing a sound mind within yourself.



Did You Know?

The transition from middle school to high school is a tough one. Students go from being dependent on the adults in their lives to help them navigate their academic success and social lives to being more independent as high schoolers who are being prepared for life as young adults.

This is also a time where mental health may rear its head as 50% of all diagnosable mental illness shows up in individuals by the age of 14. This number increases to 75% by the time individuals are the age of 24.



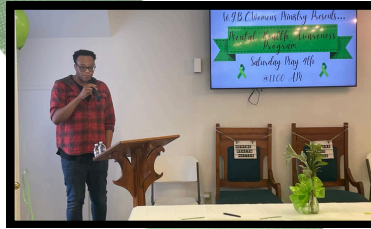
Live Long, Have Fun

As adults who tend to lose our sense of wonder and leave some of the childhood things that make childhood so great behind as we age. There are several things we can do that can assist us in maintaining health minds, and one of those things is to have fun. Dr. Gunter shared with us that individuals who tend to live lives that are beyond the three score and ten years we are promised have longevity because they are adventurous and enjoy the lives they have, filling their days with activity, laughter and fun.

Mental Health Awareness Program Highlights and Photos



Our very own Kimberly Brown was the event's primary organizer. As the ministry leader of the Walnut Grove Baptist Church, Kim ensured the event was success and brought a level of fun to the program through her innovative games.



CJ woke us up with a beautiful song as he shared with us his musical talents.



Konner was home for the weekend and demonstrated to us just how stressful and mentally disruptive college life can be. Plagued with bad grades even though hours were dedicated to studying, the young student depicted in the skit reminded us that prayer can help us get through mental anguish.



Mr. David Radford used an original poem, *The Canvas of My Mind*, to share his perspective on mental health.



Mark Your Calendars

Upcoming Events

- June 9th:** Pastoral Installation for James Wymbms at 3pm | WGBC Services will begin at 10am to accommodate travel
- June 30th:** Lagree Laguines Memorial Scholarship Essay Due

Weekly Events

- PRAYER:** Mondays, Wednesdays and Fridays at 3pm via the conference line
- Bible Study:** Wednesdays at 7pm via conference line

Conference Line Info
(978)-900-5000

Access Code: 655019#

Don't forget to mute your phones.

